

BRIDGES

WEDNESDAY, OCTOBER 21, 2015

GARDENING:
Gardens in Ireland
are a colourful sight
to behold **P.10**

MUSIC:
Singer-songwriter Vazro
keeps close to her
fiatcophone roots **P.21**

ON THE SCENE:
RUH Foundation
presents The Royal
Steampunk Ball **P.22**

A STARPHOENIX COMMUNITY NEWSPAPER



TALKING STRAIGHT

WORKING HARD TO GET
OFF THE STREET, JORGINA SUNN
IS NOW SAVING OTHERS

P.4

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

MARK CLAVELLE

A Close Encounter of the Fifth Kind

Do alien encounters happen strictly in other countries, or only on the History Channel?

The fact is that occurrences have been documented in all countries, spread across all cultural belief systems. Religious paintings, tribal stories and etched drawings indicate that alien communication has been happening on this world since before we had the skill to draw them or even the words to describe them. These depictions show a hidden history of the human world.

In modern times, local newspapers have reported on mass sightings with photographic evidence. There are people who have done



Mark Clavelle

much to discredit these experiences by claiming pranks or delusional testimony, yet far too many established commentators tend to think that alien gas, weather hysteria, mass hysteria, or pseudoscience could account for this widespread phenomenon.

My encounter was one of the fifth kind. An event that transcended communication between aliens and humans through conscious communication.

My encounter happened while

I was living in rural Saskatchewan, and took about three hours. The experience was so profound that I wrote it down right away so that I would not negate anything or misrepresent any details. The more I looked at the details of this experience, the more I found that a subtle intelligence was directing me through this encounter.

Originally, I wrote this story out for myself, yet as I looked at the details, it became clear that an actual story was emerging. If this story was simply about my own private experience, I would not have published it. But what emerged looked to be an actual

guide to the underlying principles in our universe. The implications of this were profound, that by developing these principles, we may achieve a subsequent understanding that would allow us to understand ourselves and consciously interact with these beings.

Judge these principles for your self, and see if it answers the question of who and what we are in relationship with each other. Everyone is given the choice to develop active principles in their life. No one is condemned for not being ready.

This is a short story (about 30 pages), and it can be purchased for \$9.99 online through Amazon.





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ON THE COVER P. 4



Jaymie Sum learned to play piano as a child and started writing songs that went alongside her life story.

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FOOD P. 20



Pears got the caramelization treatment and find an air of sophistication to an already awesome Upside Down Pear Gingerbread Cake. Photo by Heidi Ramsdell

BRIDGES COVER PHOTO BY GREG PENDER

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ON THE COVER

By the time I was 21, I was a walking time bomb. *Jorgina Surrin*

STARTING AGAIN

Gaining experience the hard way, survivor goes back



Jorgina Surrin is a former game-theater who has turned her life around and now helps others through the 501(c)(3) program. **PHOTOS: PHOTO BY CHRIS PENDER**

By Sean Tremblath

Jorgina Surrin is not proud of a lot of the things she did in her younger years, but she doesn't pretend they never happened.

"By the time I was 21, I was a walking time bomb. I did all the things to maintain my addiction. I sold my body, I sold drugs. My life could have

ended many times but you're not thinking about that when you're in it," she says.

After years of crime and addiction, Surrin made the choice to change. Now, with three years of sobriety and a flourishing speaking career she uses her experiences to help others who are trying to get off these same troubled paths.

She has travelled the province from Regina to La Loche, sharing her story, taken part in a call for a provincial poverty action plan and counselled young people struggling with poverty, addictions and gang connections.

Her work has earned the respect of her peers, and recently national recognition in the form of an Ab-

original Order of Canada from the Congress of Aboriginal Peoples.

Despite what she has accomplished, she still considers herself a work in progress.

Every day is a journey of self improvement.

"You can't transcend anything you don't have. That's why I keep working on myself," she says.

Surrin grew up in Alberta. She spent her first four years in several foster homes, an experience she says adds credence to her later troubles.

"There were lots of different abuses in those homes. Just really seriously dysfunctional environments," she says.

I picked Saskatoon because I didn't have any connections here. I wanted a fresh start — Sunny



Jessica Dunn is an author and is recording an album with Don Porco of Funk Mouth Music. (Sunny's coverage is on page 10.)

"Things improved at age four when she was adopted by a family from Ontario. She spent her youth hiking, skating and learning the piano.

Despite a relatively stable home environment, she had a lot of negative experiences during the time. As one of just eight Aboriginal students at her school, Sunny says she experienced cultural racism and bullying.

By age 10 she started to rebel, staying out late and smoking cigarettes. At 15 she started drinking and getting high. She had her first run-in with the law when she stole her parents' vehicle and was caught driving without a license.

She dropped out of Grade 10 and moved to Calgary where she got into more serious problems. She joined a gang, got addicted to crack cocaine and started selling drugs. She spent time living on the street.

Her first big reality check came from the law. Sunny was convicted of drug trafficking and sentenced to spend six months in a healing lodge. Although incarceration was a generally negative experience, it was there she got her

first real exposure to her First Nations heritage.

Growing up off reserve, Sunny never learned about her cultural heritage. Fragmenting of the lodge introduced her to things she didn't realize she needed.

"I think it had always called to me," she says.

Still, she was hesitant. She felt like an out-caste even among those who shared her heritage.

"My first love always been about adding questions, not knowing enough, being judged by other First Nations people because I didn't understand," Sunny says.

After her release in 2008 she came to Saskatoon.

"I picked Saskatoon because I didn't have any connections here. I wanted a fresh start," she says.

She tried to get on a better path, but had trouble committing.

"It was rather humiliating to me, the idea of being quite-quietly healthy," she says.

(Continued on Page 8)

BREAKING NEWS

EVERY DAY IN THE

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The donation was made through Saskatoon City Hospital Foundation's Equip for Excellence campaign. Equip for Excellence is a multi-million dollar campaign to enhance health care at Saskatoon City Hospital through the purchase of new equipment, technology and resources.





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She was sick and tired of being in jail, making promises to people and not following through, always seeing the same people, those kinds of things — Stan Tsunukuafe



Joyce Sun was recently awarded the Aboriginal Order of Canada. meewasinnews.com/news

Sun started using drugs again. Before long, she found herself back in Calgary back on the street. It was during this second stint that Sun started feeling the constraints to make a real change.

"There was a certain what I called 'freedom.' I didn't have to pay bills. But at the end of every night, standing in front of my mother with nowhere to go, it starts to tell you that you don't want to do this any more," she says.

She began to wonder about the inevitable end of her lifestyle.

"I started seeing people many years older than me, knowing they were never going to get out of that life," Sun says.

With the help of her brother, she got on a bus back to Saskatchewan. It was here she became fully involved with StarUp, an organization she credits with saving her life.

StarUp's mission is to help people get out of gangs and criminal lifestyles.

Stan Tsunukuafe, an outreach worker with the organization, remembers when Sun first came in.

"She was sick and tired of being in jail, making promises to people and not following through, always seeing the same people, those kinds of things," he says.

Tsunukuafe recognized in Sun a genuine desire for change.

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
How are whooping cranes doing? Are they still endangered?

Many
Whooping cranes are amazing birds aren't they? I always look forward to this time of year when cranes fly over Beaver Creek. It's hard to believe that only eighty years ago these cool birds had almost become extinct, with scientists only finding nests on birds left in 1914! Luckily conservationists and both Canada and the United States governments joined together to try to save the species. Eggs were taken from wild nests and hatched in captivity where the chicks could be protected from predators and other threats. When the chicks became adults they began laying their own eggs. Gradually the number of captive birds grew until there were enough to begin releasing some back into the wild. What's amazing is that this captive release program continues to this day! Every year biologists count the number of whooping cranes to see how many there are. Scientists estimate that there are currently over 500 whooping cranes in the world today, which means they are doing much better due to our efforts. However, whooping cranes are still endangered due to a variety of threats, such as habitat loss and pollution.

Send your questions to me at the address below. Then watch for the cranes in the waters.

Your pal, Chip

Patricia Loring-Arreaga Smith
12 km on Highway 825
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Weekends and holidays: 10pm to 5pm
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I began to put things in perspective. There was lots of things I was able to let go — Sunn



Alvin Davidson (left) and Jean Traskewitz were two big influences for Joyous Sunn to turn her life around.
 LEFT: PHOTO BY GARY WILKINSON; RIGHT: PHOTO BY JEFFREY DUNN

"She had the drive in her. There's moments where she resigned, but she always picked herself up and continued to move forward," he says.

"In this day, Sunn is extremely grateful of Traskewitz.

"He's one of my greatest heroes and mentors. Now he navigates his life as I have. I want to navigate my own life," she says.

He and the other members of Rise-Up gave Sunn the support she had never found elsewhere.

"They not with me and listened to me for hours. They let me cry, they let me scream. Even when I was crying about my anger, they would let me know it," she says. "They let me put things in perspective. There was lots of things I was able to let go."

She got sober; found a place to live and started working. Meanwhile, as she continued to work on herself, she started taking a more active role with Rise-Up. She would take part in presentations to communities around the province, telling her story.

"It was a very daunting and scary experience at first, because of my shame for where I was at and my shame for the things I had done in my life," Sunn says.

But she was a natural. Articulate and comfortable in front of crowds, Sunn was a boon to the organization, according to Traskewitz.

Continued on Page 8

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For someone to rise up, overcome all the obstacles and barriers she has, and take her life in a totally opposite, positive direction is inspiring to people. —Kim Beaudin



Angela Sarno with *Stir Up* executive director Alex Muñoz. *STIR UP* PHOTO BY ANDY FORD

"I'm not going to say *Stir Up* gave her a voice. I think *Stir Up* gave her the confidence to speak out," he says.

Meanwhile, Sarno started helping out with other people coming to *Stir Up*, trying to make the same improvements she had. Having lived through her own dark times, Sarno found she was able to talk to the members without sugar-coating things.

She recounts seeing a young woman screaming and crying, just as Sarno had years earlier. Sarno worked with the woman, walking alongside her as she reached three months of sobriety. Three months, then a year living on the other side of the experience was a conclusion.

It's the most rewarding experience, watching someone transform their life. There's nothing quite like it," Sarno says. Alex Muñoz, *Stir Up*'s executive director, says Sarno thrives in her senior role with the organization.

"She role models what it means to be healthy," Muñoz says.

The concept of a healthy environment is central to what *Stir Up* does, Muñoz says. It's all about getting out of an unhealthy spot and finding something better.

"She has done that perfectly over the last three and a half years. She's worked on herself and she's extended that out word to her community," he says.

The adversity Sarno had to face is what makes her such an effective helper for others, according to Kim Beaudin, youth or staff member at *Stir Up*.

"For someone to rise up, overcome all the obstacles and barriers she has, and take her life in a totally opposite, positive direction is inspiring to people. That was the key," Beaudin says.

Meanwhile, Sarno was working on some things outside of *Stir Up*. Having learned piano as a child, she started writing songs that went along with her life story. As she travelled the province speaking, she played her music and found people connected to it.

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We need to get back to healing the family unit, and creating safe places where people can detox, or get over their abandonment issues. —Sunn

After an appearance on a Shuswap music program, she got connected with Earl Perreault. The Shuswap musician is founder of White Man's Mission and the Shoshona. The two of them are recording Sunn's first album, scheduled for release in May.

Sunn says she isn't expecting riches and fame from her music, but hopes more people can connect with her story and possibly follow her lead.

"As an indigenous person playing piano and writing pop music, I really hope it will help create a pathway for other artists," she says.

Another avenue for sharing her story came through its involvement with Poverty Canada, a campaign by a coalition of anti-poverty organizations calling for a comprehensive plan to tackle the issue in Saskatchewan.

Sunn spoke at an event launching the campaign and also shared her story with some of the organizers. She says it is important for such organizations to include the voices of people like her in order to formulate effective strategies.

"You need the people who have lived through it to share their experiences," she says.

Saskatchewan has a long way to go in the fight against poverty and the history it creates, according to Sunn.

"We need to get back to healing the family unit, and creating safe places where people can detox, or get over their abandonment issues," she says.

All of Sunn's positive endeavors contributed to Bernadine's decision to nominate her for the Aboriginal Order of Canada. Bernadine is a delegate to the Congress of Aboriginal Peoples, a Canada-wide organization that represents Métis, off-reserve, and non-treaty aboriginal people.

"I just believe her contributions to the community were really positive. I just thought she deserved it," Bernadine says.

In September, Bernadine and Sunn travelled to Ottawa, where Bernadine made his case for why Sunn deserved the honour. The board unanimously agreed.

"I was completely humbled and blown away," Sunn says at the honour.

Tunkashie, who has seen Sunn go from these first meetings at \$tR8-Up to her current position as a mentor for others, says the award is a great honour for both Sunn and the organization.

"It validates the journey for her and for other \$tR8-Up members," he says.

At the same time, Sunn doesn't consider her journey over. The upcoming album represents a whole new challenge. On top of that, she is working toward going to law school, where she hopes her firsthand knowledge of the criminal justice system will allow her to effectively help others.

She will continue to tell her story in a multitude of venues, and use her position at \$tR8-Up to positively influence those who need a helping hand. Having got over her self, she loses nothing more than to pay it forward, and see someone else on the path toward health and stability.

"If I had some small part of that, that's a gift worth more than millions of dollars."

bernadine@st8upmedia.com

st8up.com/st8upmedia



The logo for the \$tR8-Up program. FILE PHOTO BY GARY WILKINSON

GARDENING

#'EMERALD ISLE' TOUR

A gardener's impressions of Ireland

By Sara Williams

Let's not mince words: we met a group of like-minded gardeners learning through Ireland. Whether arriving by air or driving through the coast, Ireland, we were, like most visitors, immediately struck by the greenness. It is, after all, the "Emerald Isle."

Looks bad that they had had "no summer" — just rain and cloudy periods? Fortunately we picked a great time to visit: beautiful weather with mostly sunny skies and only two days of intermittent showers in general. Ireland's mild climate is enhanced by the Gulf Stream and land fronts are infrequent.

The gardens we visited were sur-

prisingly full of colour for the time of year — autumn foliage, geraniums, flowering shrubs and just the first beginnings of autumn shades. Many of the plants are familiar to prairie gardeners, others less so. The site of a dock pile is close proximity to a tropical palm or fern tree is a bit disconcerting but we get used to it.

Of the shrubs, the most space-tender were the hydrangeas and hebeas. Both were more common in our shrubbery — up to six feet tall by eight feet wide. The hydrangeas were in glorious shades of white, pink, blue and deep red, often with a two-toned effect composed of recent and older blooms. A blue "lacecap" type hydrangea was among my favourites.

In Canada, our prevailing image of a hebeas leaf consists of branches and masses of multicoloured blooms in hanging baskets — a type developed by plant breeders in California and the Netherlands. Not so in Ireland. First introduced from Chile over a century ago, hebeas in Ireland are a shrub planted in the hedgerows of western Ireland and in full bloom red into the fall. While polycotyledonous in North America, in Ireland, hebeas do the job. Hebeas keepers escaped from the hedgerows and are now along roads and paths.

Also in evidence in the hedgerows were rose hedges, red hedges (hedges of *Kalmia latifolia*) and the dark blue "hedge" of black thorn (*Prunus spinosa*) used to fence out the ga-



FLORIAN/PHOTO BY SARA WILLIAMS

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GARDENING



Pink magnolia. PHOTO BY TARA WILLIAMS

Japanese magnolia, camellia and chrysanthemums were beginning to color the autumn with their fall reds, oranges and yellows. And we saw many gaudeas, war of my late colleague Brian Beldwin's favorite tree. Roses were blooming in almost every garden we visited.

The brilliant orange-red bell-shaped flowers (Dioscorea) a crocodylium was in flower in many of the gardens, from the solid garden of the large formal Pennsylvania estate to small cottage gardens. Considered a tender "summer bulb" (actually a corm) in Saskatchewan, it has naturalized widely throughout Ireland and is a familiar sight along country lanes and wetlands blooming from July through September. A somewhat related to gladioli and crocuses, crocodylium is a hybrid of two South African species.

Other late-blooming perennials were like us (late summer) cottage gardens a variety of ornamental grasses, purple loosestrife, red, absolutely enormous clumps of Joe Pye weed (in North American native), Crocus (in "strawberry" dwarf, dwarfed, Phloxes (Phloxes), Verbena, Lonicera, Russian sage, yellow and whitehead Delphiniums were at the height of their second bloom in Helen Dalen's Dublin garden.

Dahlia was everywhere just as they had been in Maren's garden in Doreen in late fall. They were in such variety and so glorious that

I'm sorry I forgot to go through the planting, lifting, sharing and replanting cycle I've avoided for decades. Autumn crocus (Colchicum autumnale) was just popping up in beds and in lawns. Among the familiar annuals were nasturtiums and ornamental kale.

And we all had to check when one of the garden owners proudly introduced us to an "exotic" shrub from Liberia of about five feet in height with bright yellow pea-like flowers and small pinnate leaves — our own orange.

Sara Williams is the author of the newly expanded and revised Creating the Prairie Xeriscape, Gardening, Nostalgia: A short-cut free handbook for the Prairie, and the Saskatchewan Country Farm Park & Zoo. A Photographic History Just Home from here is a garden tour of Ireland. Sara will be giving the tour of England and Ireland (with exhibit, Moleen Hill) in 2017. For more information contact Ruth at ruth@williams-williams.com.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennialsociety.com, saskperennialsociety@gmail.com, www.saskperennialsociety.com/saskperennialsociety). Check out our Bulletin Board or Calendar for upcoming garden tours, forasteria sessions, workshops and more. Oct. 27-28 Lynden Peck's Favorite Perennials Roundtable Anglican Church, 800 Dundas at 12th Street.

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IN THE CITY

OCTOBER 18, 2015 — 3:36 P.M.

Hilltops move on the final



Saskatoon Hilltops offensive lineman Tony Thelen speaks to team members after the Hilltops defeated the Winnipeg Rifles in PFC's final play-off action at 3347 Field on Sunday. HILLTOPS PHOTO BY LANCE SCHWARTZ

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

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PUZZLE BY JONI MEDLAND AND JENNY WILKINS

JANUARY
CLASSIC
SUDOKU

Level: Silver

All in the classic cross
number (rows) to 9
Sudoku puzzle can be
solved only once (each
row, column and 3x3
subset: the logic and
analysis of deduction
to solve the puzzle)

The difficulty level
Angels from Phoenix
(Silver) to Silver
to Gold (Platinum)

9	1			2	8			
	2		3				8	
		4		6				2
	7				3			
4	3	7		1	5		9	
		2					4	
6				4	2			
	4				5	1		
			9	1			7	5

Sudoku is the
crossword puzzle
the Sudoku code
found on Page 23

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Saskatoon SK
Tickets: \$125
doors open @ 9:30 AM



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EVENTS



The Three Stills by Gloria Parker is on display at J&S Picture Frame Warehouse.

J & S Picture Frame Warehouse

Until Oct. 31 at 121 Assiniboine Ave. At the end of the day, prints by Gloria Parker.

Merlot Mall Playland Art Gallery

Until Oct. 31 at Market Mall, 3325 Preston Ave. Playing with Picasso Prints, original prints from the Picasso Summer project. In partnership with the Remai Modern Art Gallery at Saskatoon.

The Gallery at Frances Morrison Central Library

Until Nov. 5 at 311 23rd St. E. Surfaces, urban photography, by Ron Cestley.

Centre East Galleries

Until Nov. 8 at The Centre, 2510 14th St. E. Art by the students of Rainier Oshini in the Royal Gallery, display by Imagery Photography in the Artist Gallery display by The Saskatoon Camera Club in the Sierra and Cimarron Galleries, display by The Saskatoon Public School Board in the Margaret and Joyce Galleries. A display by the Royal Canadian Legion runs in the side gallery until Nov. 15.

Gallery on the Bridge

Until Nov. 30 at Saskatoon

City Hospital Watercolours by Patricia L. Clarke.

Western Development Museum

Until Dec. 6 at 2510 Lane Ave., Canada, Hwy 1, from the Canadian Museum of Immigration at Pier 21. Explore immigrants' diverse personal Day 1 experiences, from Canadian to present-day.

Ukrainian Museum of Canada

Until Jan. 31 at 510 Spadina Cruz & Down Home, a journey through rural Saskatchewan, by photographer William Dettley.

*FAMILY

Shop 'n' Stroll
Wednesday, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at Lewiston Heights Mall. Classes consist of power-walking, body-sculpting, moves using exercise tubing and a socializing for parents and babies. Presentation at nurseriesandbookeriesforless.com. No classes on staff holidays.

LUUC: Saturday by Day Series Meeting

11 a.m. Wednesday of the month. Wednesday to December, 9:30 a.m., at Emmanuel

Anglican Church, 609 Dufferin Ave. For all women in breast-feeding, post-lact not-free healthy snacks are welcome but not necessary. Information at liscasaskatoon@gmail.com, 306-655-4825.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Children must wear socks in the play area. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., and Saturdays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zof. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are in weeks. Register at freedomfromworryyoga@gmail.com, 306-381-8852.

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EVENTS

Bronze Reflections Handbell Adult Community Choir
 rehearsals are Wednesdays, 6 p.m. to 7:30 p.m., at McClure United Church. New players are being recruited to perform sacred and secular repertoires. Call 306-314-1735 or email choir@bronzereflections.net

Saskatoon Farmers' Market
 Open year-round. Wednesday and Sunday, 10 a.m. to 2 p.m., and Saturday 6 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours, food service and specialty shops are open. Information at saskatoonfarmersmarket.org. Contact 306-384-4262, info@farmersmarket.net

Bergin-Sawmcut Store
 Wednesdays and Thursdays, 11 a.m. to 3 p.m. at St. Paul's United Church, 454 Cubert

Two Thursdays, 11 a.m. to 6 p.m. at Prairie Sky Farmers' Market. Clothing for babies, children, men and women, and jewelry

Four by Four
 Oct. 21, 7 p.m., at TCU Place. A tribute to the music of The Beach Boys. The Beatles. The Sex-Genes and Morlocks. With a special tribute to Florida Mirlis and The Four Seasons. Tickets at 306-913-7709, ticketsbox.ca

Literature Matters Lecture
 Oct. 21, 7:30 p.m., at Grace-Windsor United Church, 345 10th St. is starting the Obscure in Sumo by Rolf Van Uls. Everyone is welcome. Information at 306-956-5466, cmphib@usask.ca

Peats Ferry Market place at Confederation Mall
 Thursdays and Saturdays until

Christmas, 10 a.m. to 4 p.m., across from Urban Planet at Confederation Mall. An indoor marketplace featuring home-grown herbs, fresh and organic, cream desserts, bread, frozen sausage, cabbage rolls, hot media, soups, pies, preserves, hand-crafted items and home-based business vendors

Women's Book Sale
 Until Oct. 22, 9 a.m. to 3 p.m., at the German Cultural Centre, 160 Cambridge St. is hosted by the Canadian Federation of University Women. Used books for sale. Proceeds go toward scholarships for women attending the U of S, as well as other educational and events

Two Education Events
 Oct. 22 at the Centre for the Study of Saskatchewan Book Club talk and coffee at Gordon

Snellgrove Library, 191 Murray Building, 10 p.m. to 2 p.m. My Writing Life Lectures, join per-formers and book starting with a 2 of 3 last live performance, at Quince Theatre in the U of S education Building, 7 p.m. Admission is free. Information at artsandscience.usask.ca/news

Putting on the Bits: Saskatchewan's Former Idiot Competition
 Oct. 22, 5 p.m., at TCU Place. Hosted by the Saskatchewan Council on Aging. Featuring adult-adult performers. Pacing: Nathan Pop, Ward Quatlet, Ralph Galloway, Barbara Gustin, Bridget Cypriano, Julie Jensen, Pat Thompson, Dawn Steffen, and Friends and Joan & Dawn. Tickets at Saskatchewan Council on Aging, events306.com. Information at 306-553-3355, scas.ca. Proceeds support the Saskatchewan Council on Aging.

toon Council on Aging.

nuclearFACTS Science Café
 Oct. 22, 7 p.m., at TCU Place. Presented by the Federal Centre as part of Nuclear Science Week. Meet researchers and hear about what they are to advance nuclear research and training in our province. Admission is free. Information at federation.ca/sc

Entering Your Way to Health
 Oct. 22, 7 p.m. to 9 p.m., at McClure United Church. A free public forum presented by the Women's Mid-Life Health Program. Presentations by Dr. Louise Gagne and Dr. Joe Schuman. No registration required. Information at mnhp.usask.ca

Jon Jeffries Performance
 Oct. 22, 8 p.m., at TCU Place. The Australian comedian and actor performs controversy-

ous and belief-challenging stand-up comedy. Tickets at ticketsbox.ca

Chomera's Plaines D'Heraults
 Thursday evenings at Pico Canadiano-Francaise, 1427 Albert Ave. A kind of artist club with a telephone repertoire. Saskatchewan's francophone choir is looking for new members to introduce its 22nd anniversary this season. Information at 306-343-5485, chomera@pico.ca

Songbirds Immersion Meditation
 Thursdays into December, 7 p.m. to 8:30 p.m., at Queen's House Retreat and Wellness Centre, 661 Taylor St. W. is vibrational sound healing experience. This is a weekly drop-in session. Information at cognitivemc.com, 206-210-3660.

PotashCorp PRESENTS **WIDE OPEN** **Up to 24 11:00-6pm The Soccer Centre**

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 Join us for an afternoon of adventure and tea parties!
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pat includes included with admission.

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 Adults 1 year & under are free (adults need a ticket too)
 *Pat includes included with admission.

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 A STORY BY CHRISTOPHER INCHWOOD. MUSIC BY JOHN RANDE. LYRICS BY PAUL EBB

saskatoonsummerplayers.ca            

EVENTS

Gerpet Bowl

Thursdays, 12:15 p.m., at Nite-Lite Lagoon Hall, 3621 Louise Ave. Hosted by the Nite-Lite Senior Citizens Association. Lunch and coffee are available for a fee.

BFC Dances

Thursdays, 7 p.m., in room 13 at Adult Community Center, 610 Glenview Ave. A traditional Irish social dance club. Learn dances from many countries around the world. Come to welcome. First night is free. Information at 304-376-9005, info@bfcphoenix.com.

McGowan Fall Feast

Oct. 22 & 23 p.m., at the University of Arizona, 1410 S. 1st St. A multi-course meal and a social event. Includes live entertainment and social. Tickets at the compilation office.

Seven Acres Green Music

Thursdays through October 1, 8 p.m. to 10 p.m., at the Italian Cultural Center, 1000 N. 1st St. A multi-course meal and a social event. Includes live entertainment and social. Tickets at the compilation office.

The Willie Sons

Oct. 22 & 23 p.m., at the Arizona Philharmonic. A band of soulful, gospel and soul music. Tickets at 304-376-9005 or at the door.

Dinner & Classic Rock

Oct. 22 p.m., at TCU Place. A classic rock concert. Includes live entertainment and social. Tickets at 304-376-9005 or at the door.

Golden Gate Quilt 2010

Oct. 23, 11 a.m. to 6 p.m., and Oct. 24, 10 a.m. to 5 p.m., at the Phoenix Convention Center. A quilt show. Tickets at the compilation office.



Four by Four at TCU Place on Oct. 21

For the Stars. Featuring guitarists Gillian McDougall, Quila, and bassists. Tickets at the compilation office.

Women's Hall of Fame Induction and Person Day Luncheon

Oct. 28, 10 a.m. to 12 p.m., at the Hilton Garden Inn. A luncheon and induction ceremony. Tickets at the compilation office.

Pine Mountain and Craft Sale

Oct. 24, 9 a.m. to 3 p.m., at the Pine Mountain. A craft sale. Tickets at the compilation office.

Country Power Marketplace

Oct. 24, 10 a.m. to 3 p.m., at the Country Power Marketplace. A marketplace. Tickets at the compilation office.

The Hunchback of Notre Dame

Oct. 24, 10 p.m. and 7 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

Weekend Community Center's Clothing Depot

Saturdays, 10 a.m. to 2 p.m., at 3450 N. 1st St. Free clothing for all ages. Free food and drink. Tickets at the compilation office.

Annual Food Supper

Oct. 24, 4:30 p.m. to 5 p.m., and 6:30 p.m. to 8 p.m., at the Phoenix Convention Center. A food supper. Tickets at the compilation office.

Massachusetts

Oct. 24, 7 p.m. to 10 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

STARTS Series: Dye

Oct. 24, 7:30 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

Harvest Brunch

Oct. 25, 9 a.m. to 11 p.m., at the Phoenix Convention Center. A brunch. Tickets at the compilation office.

Sokolov Lanes Band

Sundays, 1 p.m. to 3 p.m., at 2345 N. 1st St. The concert.

ity marching band meets to rehearse. Young musicians ages 12 to 21, with at least one year of playing experience. Includes food and drink. Tickets at the compilation office.

St. Michaels Fall Supper

Oct. 25, 4 p.m. and 6 p.m., at the Phoenix Convention Center. A food supper. Tickets at the compilation office.

St. Michaels Parish Fall Supper

Oct. 25, 4 p.m. and 6 p.m., at the Phoenix Convention Center. A food supper. Tickets at the compilation office.

Emerald Ash Grove Church Fall Supper

Oct. 25, 4 p.m. and 6 p.m., at the Phoenix Convention Center. A food supper. Tickets at the compilation office.

Classical Violin Night

Oct. 25, 7:30 p.m., at the Phoenix Convention Center. A violin concert. Tickets at the compilation office.

Tough as a Noodle

Oct. 25, 7 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

Port Luck Supper

Last Monday of each month.

At Nations Legion, 3021 Louise Ave.

Hosted by the Nite-Lite Senior Citizens Association. Lunch and coffee are available for a fee.

Sanctuary Balli Balli Series

Oct. 26, 7 p.m., at the Phoenix Convention Center. A ballroom dance. Tickets at the compilation office.

Sanctuary Balli Balli Series

Oct. 26, 7 p.m., at the Phoenix Convention Center. A ballroom dance. Tickets at the compilation office.

An Evening with Monique Day

Oct. 27, 7 p.m. to 8:30 p.m., at the Phoenix Convention Center. A concert. Tickets at the compilation office.

Modern Square Dances

Monday through April 6, 8 p.m. to 10 p.m., at the Phoenix Convention Center. A square dance. Tickets at the compilation office.

Professional Training

Oct. 27, 9 a.m. to 12 p.m., at the Phoenix Convention Center. A training session. Tickets at the compilation office.

Life, Death and the Blues

Oct. 27, 7 p.m., at the Phoenix Convention Center. A blues concert. Tickets at the compilation office.

Off-Broadway Performers Market

Oct. 27, 10 a.m. to 6 p.m., at the Phoenix Convention Center. A market. Tickets at the compilation office.

Sleeping Beauty

Oct. 27, 10 a.m. to 6 p.m., and Oct. 28, 10 a.m. to 6 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

Make Your Mind Matter

The six-week two-hour program.

from now. Tuesdays until Nov. 24, 9:30 a.m. to 10:30 a.m., or 7 p.m. to 8 p.m., at the Phoenix Convention Center. A program. Tickets at the compilation office.

Cued Old-Time Dancing

Oct. 27, 7 p.m., at the Phoenix Convention Center. A cued dance. Tickets at the compilation office.

Book Signing at McNally

Oct. 27, 7 p.m., at the Phoenix Convention Center. A book signing. Tickets at the compilation office.

English for Employment

Oct. 27, 9 a.m. to 12 p.m., at the Phoenix Convention Center. A class. Tickets at the compilation office.

English for Employment

Oct. 27, 9 a.m. to 12 p.m., at the Phoenix Convention Center. A class. Tickets at the compilation office.

* THEATRE

Life, Death and the Blues

Oct. 27, 7 p.m., at the Phoenix Convention Center. A blues concert. Tickets at the compilation office.

Sleeping Beauty

Oct. 27, 10 a.m. to 6 p.m., and Oct. 28, 10 a.m. to 6 p.m., at the Phoenix Convention Center. A movie screening. Tickets at the compilation office.

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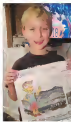
**PROVINCIAL
MAP**

• Dress in traditional
provincial attire!

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridgette@chicowest.com. One winner will be chosen each week.



Last week's contest winner is
Emilie Blais.

Thanks to everyone who
submitted entries.



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YWCA
SASKATOON

FOOD

RECIPE

Not too early for gingerbread cake

By Renee Kuhlman

"At its point of perfection, an apple almost, a pear utters!" —Nigel Slater

I don't need to tell you what's happening in this month. If you've poked your head into any retail outlet, immediately looking for boots or gloves or cut fabric, you've seen the signs for Christmas 2012. In the olden days, you wouldn't see such stuff until after Halloween, but it seems like every year the parade is coming out quicker and quicker. Some of you may have already started for Christmas shopping, to which I give you a high five. I'm not, nor will ever be, one of those people. Most days I'm lucky if my to-do list gets crossed off, and then I reward myself with tea and cake. Fair deal?

Do you think it is too early to talk gingerbread? Heck, as images of one are scattered in my brain, and this one in particular has been taking up residency lately. Upside-down pear gingerbread cake is one of my all-time faves — quite simple to prepare and if I tell you it's how far "well, you believe me?" OK, fine. It's not super-duper hard, but there is apple sauce in it, which means out some of the butter. This cake has everything you want your gingerbread to be — spicy tender not too sweet and it smells like Christmas.

I make pears. Their subtle sweet and floral fragrance make them one of my favorite fruits to eat out of hand and to bake with. The pears in this recipe get the conventional treatment and don't get as sophisticated as an already-own some cake. Bits of candied ginger add a little fire to the pears as they bubble away in the oven with the butter and sugar. A simple gingerbread batter is poured over this. Smooth it out, bake it off.

I love baking cakes in my well-seasoned cast-iron skillet. The heat is evenly distributed and you can't go wrong with the rustic appeal. If you don't have a skillet you can still



Pear is sliced and served on the gingerbread cake.

bake the cake in a regular cake pan — never fear. Carefully preheat, then a hot skillet and hot cake convert into a pretty glatter just a little bit longer than the skillet. Dump out slices of this gingerbread while it's still warm and top it with good vanilla ice cream, or whipped cream. Whether served at the holidays or on a chilly weekday with a mug of tea, it's sure to bring you comfort and joy.

Upside-Down Pear Gingerbread Cake

Topping:

- 1/2 cup butter
- 1/2 cup packed brown sugar
- 2 ripe pears (I used Anjou) peeled and cored, each pear cut into 4 slices, for 32 slices total
- 2 tbs candied ginger, dried small

Cake

- 1 1/4 cup butter, softened
- 1 1/2 cup packed brown sugar



Ice cream or whipped cream tops a pear gingerbread cake. PHOTO BY RENEE KUHLMAN

- 4 large eggs
- 1 cup unsifted applesauce
- 1/2 cup molasses
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp ground ginger
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/4 tsp salt

Instructions:

- Preheat oven to 350 F.
- In the bottom of a nine-inch oven-

proof skillet and the butter and stir in brown sugar until smooth. Pour batter over pears, smooth top and bake for 30-40 minutes until toothpick comes out clean. Run a knife around the edges and carefully invert onto serving platter. Do this as soon as cake comes out of oven. Let it hang out for a minute or two, so all of the topping comes out. If any pears remain: in pan, simply press them into cake. Serve warm with whipped cream, or vanilla ice cream. Serves eight.

In the bowl of a mixer, cream together the butter and brown sugar. Add eggs and beat until fluffy. Stir in the applesauce and molasses. In a separate bowl, combine dry

MUSIC

#FRANSASKOIS CULTURE

Singer-songwriter Vaero holds tight to her heritage

By Ashley Martin

Vernique Poulin was raised on French fiddle tunes.

Growing up in Zama Park, about 280 kilometres northwest of Saskatoon, her grandfather was a folk singer-songwriter. Her father could teach a crowd with yips and roars.

"I think any Francophone person that still lives their culture has heard of him or has a story of him — in a little somewhere among some songs or just getting a whole bunch of people riled up dancing," said Poulin, known as Vaero on stage.

Her grandfather was the one who taught her to love fun with music. Even at the end of his life, stricken having cancer, his speech and Alzheimer's having robbed him of moments, there was one thing that never faded.

"He was always able to have a tune," said Poulin.

When his granddaughters would play for him, "He'd have tears in his eyes and he would try to sing back with us, but all you could hear was the melody — he never lost touch of his musical side."

"That just goes to show how important music is, when all else fails, music is what earth goes to."

Poulin, who is also one-third of Saskatchewan band the Young Bergs, was seven when she started playing piano. By 11, she'd picked up the violin and joined those of her brothers in a fiddle quartet to play community functions. At 15 she first felt "Music is a way for Poulin to express herself — her melodies often reflect "the emotion I'm feeling at the time."

And her lyrics reflect her Francophone heritage. Many often thank out French words in her first language.

Growing up she spoke French at school, at home and in the community.

When people would speak English to her parents, "I'd be like, 'What is that word?' " said Vaero. "That's strange."



Saskatoon's cultural PoltPolt singer-songwriter Vaero Poulin, taught her to love fun with music. PHOTO BY KYLE PUGH/SCORPION MEDIA

she said with a laugh.

"Though she started learning English in Grade 1, in Zama Park, 'we were kind of a bit of a bubble' and French."

"When I was younger, I just always thought that everyone had that kind of [Francophone] experience."

In high school she realized that wasn't so.

"Unlike her parents' generation, she didn't have to fight to keep her language. But when she moved to Regina to study music education in university, she became conscious of the effort required to maintain her culture. She left her French clipping,

away due to lack of practice.

"That's when the Francophone community really became a lot more real for me — to keep that cultural part of me," said Poulin.

"It's just about being true to myself and working as much as I can to being who I want to be — and I think language has a huge part in that, in helping you to be yourself and to express yourself."

To share the love, Poulin works with Francophone cultural organizations and works in French immersion classrooms as an educational assistant. She serves as artistic director of the Francophone position at

Saskatoon's cultural PoltPolt. She's also a part-time music teacher.

"That's kind of my way of giving back."

Poulin is working on her second album, an EP she'll record in Montreal, all in French during one of her longest songs. After that, she's planning on English albums.

Regard a "holistic, cultural, but very melodic" sound. Poulin describes her genre as "ethnophonic folk," and has become more comfortable with her sound since her last EP in 2014.

Looping pedals help her orchestrate her own solo symphony

"stretching melodies and laying these slow tempos I can play with," said Poulin. "Now I'm thinking more about textures and tones and harmonies and kind of putting themselves in a space where they're able to relax and just be, instead of party."

But playing her fiddle, her roots are never far away.

Catch Vaero in Prince Albert, Oct. 26 at Wesley United Church at 8 p.m., followed by Bonnet Poulin Trio, in Regina Oct. 31 at Cathedral des Pénitents at 8 p.m., also followed by Bonnet Poulin Trio and in Saskatoon Nov. 4 at Aragon Casino at 10 p.m., followed by Twin River.

ON THE SCENE

ROYAL STEAMPUNK BALL

The Royal Steampunk Ball, sponsored by PotashCorp, was hosted at the most adventurous RUIH Royal Ballroom and didn't disappoint. Steampunk is science fiction and fantasy meets the Victorian era and the Wild West, all rolled into one. The ball, held Oct. 17 at the Delta Renaissance, raised money to purchase equipment and technology for the RUIH emergency department.

BRIDGES PHOTOS
BY LIZAM RICHARDS



1. Tim Trivette, Rhonda Sooria, Peter Moroz, Lisa Hryciw and Courtney Kay

2. Gord and Brian Beldent

3. Paul and Elizabeth Belym

4. Shanna and Rick Jagg

5. John Courtney and Tim Trivette

6. Patsy Buzza and Carl Pison

7. Randy Farkas, Shanna Brazy, Kim Spinkley, Lisa Hryciw, Yvonne Olinovene and Eric Babun

8. Colin Schaan and Kaito Davidson

9. Larry Seifering, Irene Seifering, Joanne Teduyt, Anthony Teduyt and

Omer Alkhalid

10. Rachana Bodani and Vinay Bodani

11. Shilpa and Kater Virji

12. Iam McJocklin, Kaito Davidson, Richard Kirby and Erin Kirby



WINE WORLD

WINE WORLD

Okanagan red can be served anywhere, any time

By James Romanow

Okanagan is a town just over the ridge from the Okanagan, toward the coast on Highway 3. There are some wineries starting up there but, as is usual for a new growing district, the distribution outside B.C. is spotty. One of them, Okanagan Bridge Winery, is run by an ex-Saskatchewan couple in the Simsburn area. They make reds occasionally show up here as wine fans, and recently got listed by the SPCA.

Okanagan Bridge tends to focus on drinking wine ready for consumption when they leave the winery. Their Red Bridge Red is very much such a wine. If you think you're ready to leave behind the Red Aid of your youth that's a wine you need to try.

You are led by a great herbal bouquet into an exceptionally smooth palate. If you do the full water-melon swirl, you'll find there are subtle tannins (a.k.a. structure) behind a clean, easy sipping wine, with flavours of fruit and coffee. The finish is dry and earthy and not overly obvious.

This is a wine you can serve anyone any time. It makes a nice cocktail food forward dinner. You can drink it with pretty much all foods, from pizza to caviar to trout. You won't need a cognac afterward as it will carry

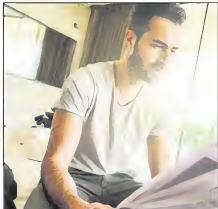


you off to the couch quite happily.

One thing you do need to notice in the alcohol content. This is a ripe red wine and comes in at nearly 16 per cent. You won't want to go out if you open this bottle over dinner, and when fed to an elderly relative will likely result in their having a pleasant post-prandial nap on the couch.

Okanagan Red Bridge Red, \$39.99

Now, when to arrive. Askwin with Mon. day here, and on Twitter @drhouse.



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Crossword/Sudoku answers

BENZ	WACH	SCENE
CROWN	ADAA	COCOA
CAREER	IST	HUINS
MISS	THE	TARGET
ETA	CHOC	HPS
SURVIVAL	FARE	EFTS
TRAMP	BETA	ION
ARTIST	GO	PART TWO
TEAT	DOVE	CUZED
ETAN	WIND	THOGLAP
ERE	BOTTLES	
APPLE	THROVER	
KOALA	BANNER	AOS
OPTED	EVIE	ELOS
NEEDY	NEED	SOGY

9	1	7	5	2	8	6	3	4
5	2	6	3	7	4	9	8	1
3	8	4	1	6	9	7	5	2
1	7	5	4	9	2	3	6	8
4	6	3	7	8	1	5	2	9
8	9	2	6	5	3	1	4	7
6	5	1	8	4	7	2	9	3
7	4	9	2	3	5	8	1	6
2	3	8	9	1	6	4	7	5

"Our guts hurt from
laughing for so long!"
City View Mag, Vancouver

"He's absolutely
hysterical!"
Ozzy Osbourne

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